



AHSC 5P32 Library
Presentation
Fall 2024

Ian Gordon



Ian Gordon, Teaching & Learning Librarian



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AHSC 5P32 – Leisure, Health, and Well-Being

Course Calendar Description: Interdisciplinary examination and discussion of current topics in leisure, health, and well-being. Emphasis is placed on the application of contemporary research into practice.

Course Objectives:

1. Identify major theoretical and empirical connections between leisure, health, and well-being.
2. Consider the role and utility of evidence-based practice in the development of interventions targeted at using leisure to increase health and well-being of individuals and communities.
3. Develop the skills (i.e., critical thinking) necessary to constructively evaluate research literature related to the topic areas.
4. Develop verbal and written communication skills.
5. Develop skills necessary to both articulate and apply course concepts to practice.

4. Research Paper – Theory-Based Literature Review

For this assignment, you will conduct a literature review on a topic related to leisure, health, and well-being, using a theory or model of your choice. This exercise is designed to enhance your understanding of the theoretical and empirical connections between leisure and health, as well as develop your skills in evidence-based practice, critical evaluation of research, and effective communication.

a) Topic and Theory Proposal (10%)

Due: October 10

Identify and propose a research topic related to leisure, health, and well-being, and select a theory or model to guide your literature review. In your proposal, provide a clear explanation of the chosen topic, detailing its relevance and importance within the context of leisure, health, and well-being. You must include a rationale that outlines why this topic is worth investigating. Explain why it is timely or essential to study this topic now, how it contributes to existing knowledge, and what potential impacts or benefits it might offer to

b) Final Research Paper (20%)

Due: November 28

The literature review aims to demonstrate how the theory or model connects concepts related to leisure, health, and well-being. In your research paper, you should build upon the topic and theory proposal you submitted earlier. Use your proposal as the foundation for your introduction, clearly outlining how the chosen theory or model applies to your research topic. Your paper should detail how this theory or model guides your analysis and how it is utilized to understand the topic. The literature review must thoroughly examine relevant research and provide evidence that supports your application of the theory. Additionally, you should evaluate how evidence-based practices contribute to the development of effective interventions. Your paper should not exceed 25 pages, excluding the cover page and reference page, and must be formatted according to APA style.

c) Research Presentation (10%)

Due: November 21 & 28

The objective of this assignment is to present your research findings and demonstrate the application of your chosen theory or model to the class. You are required to prepare a 25-minute presentation that summarizes your research paper, highlighting the key findings and discussing the practical implications of the theory or model in relation to your topic. Your presentation should clearly convey the main points of your paper and illustrate how the theory or model enhances understanding of your research topic. Additionally, you should engage with your audience throughout the presentation and be prepared to respond to any questions they may have. This practice will help enhance your skills in communicating your research effectively and contributing to meaningful discussions with your peers. Please note that this assignment is worth 10% of your final mark.

How does Social Capital Theory explain the impact of group-based leisure activities on the social wellbeing of young adults?

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Research topic

I want to find theoretical papers that explore how Social Capital Theory explains the impact of group-based leisure activities on the social wellbeing of young adults.

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Introduction

The relationship between Social Capital Theory and the social wellbeing of young adults through group-based leisure activities presents a critical avenue for theoretical exploration. Social Capital Theory, which conceptualizes the value embedded in social networks and the norms of reciprocity [4], offers a framework to understand how interactions in leisure settings might benefit individual and collective wellbeing. This review synthesizes existing literature to determine the extent to which current theoretical discussions align with this research goal.

Existing literature indicates varying levels of integration between social capital, leisure activities, and the social wellbeing of young adults. Neves et al. [1] provide insights into the role of social capital in early adulthood transitions, suggesting its impact on domains such as psychosocial wellbeing. However, their work focuses less on leisure activities and more broadly on young adults' transitions.

Hawkins [3] explores informal leisure as a source of social capital formation, emphasizing how weak ties and community bonds can be developed in less formalized settings such as festivals. The research highlights the potential for leisure activities to foster social networks, albeit without an exclusive focus on young adults. Similarly, Glover [5] critically examines social capital's production and distribution within leisure contexts. This paper challenges the traditional group-level perspective, promoting an understanding of social capital that acknowledges individual-level disparities in access and use.

Attempts to critique and suggest improvements in theoretical approaches to leisure studies can be seen in the work of Lee and Stodolska [2]. They assess the frameworks applied in leisure research, proposing alternatives that might incorporate social capital but do not directly address young adults or their social wellbeing.

The foundational work of Lin [4] provides a broader context, reviewing social capital's theoretical and empirical landscapes and proposing strategies for theory-building. While this work sets a groundwork for understanding the theoretical constructs, it doesn't narrowly address the leisure activities component or specifically the young adult demographic.

In conclusion, although the literature captures elements of social capital and leisure, there is a gap in theoretical papers precisely aligning Social Capital Theory with the social wellbeing of young adults through leisure settings. This highlights the need for more targeted theoretical investigations specifically bridging these components to better understand their interplay and implications.

Report

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^ Detailed summary

The literature search did not directly locate theoretical papers specifically exploring how Social Capital Theory explains the impact of group-based leisure activities on the social wellbeing of young adults.

- **General Findings:**

- The papers identified, such as [1] and [3], discuss social capital and leisure but lack a direct focus on the theoretical link between group-based leisure activities and social wellbeing in young adults.
- Some papers, like [5], explore social capital within leisure contexts and critically examine its distribution and production but do not provide a targeted theoretical exploration concerning young adults.

- **Theoretical and Contextual Insights:**

- Reference [4] reviews social capital and debates associated with it, offering conceptual strategies for theory-building, but doesn't focus on the leisure and young adult context.
- Reference [2] examines leisure theories in specific populations but lacks direct relevance to group-based activities or the social wellbeing of young adults under Social Capital Theory.

- **Areas Needing Further Exploration:**

- The integration of age-specific dynamics of young adults and the differentiation between types of social capital (bonding, bridging, linking) in leisure activities continues to be an area needing theoretical exploration.
- More targeted research is needed to address how young adults specifically benefit from social capital developed in leisure activities and the associated theoretical frameworks.

^ Categories of papers

Theoretical Exploration of Social Capital in Leisure Contexts

- **Description:** These papers delve into the theoretical frameworks of social capital within leisure activities, highlighting how social capital can be understood and formed in these contexts.
- **References:** [5 , 3]
- **Details:** [5] critiques the production and distribution of social capital in leisure contexts, arguing for a nuanced understanding beyond group-level benefits. [3] examines the formation of social capital in informal leisure settings, emphasizing self-initiated community and weak social ties.

General Theoretical Frameworks on Social Capital

- **Description:** Discuss frameworks for understanding social capital broadly, which might be applicable to leisure contexts but are not specifically focused on such.
- **References:** [4]
- **Details:** [4] discusses foundational elements and debates in social capital theory, aiming to build a comprehensive theory that might inform studies in various contexts, including leisure.

Social Capital and Young Adults

- **Description:** Papers that focus on social capital pertinent to the young adult demographic.
- **References:** [1]
- **Details:** [1] focuses on the role of social capital during transitions to early adulthood, providing a foundation for understanding how social capital impacts young adults' social wellbeing.

Critique and Suggestions for Theoretical Approaches in Leisure Studies

- **Description:** These papers provide critique and suggest improvements or alternatives in the use of theoretical frameworks for studying leisure.
- **References:** [2]
- **Details:** [2] critiques existing theoretical frameworks for leisure studies, offering alternatives that could potentially include the integration of social capital, but does not exclusively focus on young adults or social wellbeing.

Each category highlights important aspects of how social capital theory might be integrated with leisure activities to impact young adults' social wellbeing, with varying degrees of specificity to the research goal.

Topic Match	Cit./Year	Year	Paper	Paper Relevance Summary
47.9%	2.6	2019	[1] Social Capital in Transition(s) to Early Adulthood: A Longitudinal and Mixed-Methods Approach B. Neves, ..., and S. Fraga Journal of Adolescent Research 2019 - 15 citations - Show abstract - Cite - PDF	Not available on Free Tier searches.
36.2%	1.2	2017	[2] Asian North Americans' Leisure: A Critical Examination of the Theoretical Frameworks Used in Research and Suggestions for Future Study K. Lee and M. Stodolska Leisure Sciences 2017 - 8 citations - Show abstract - Cite	
30.7%	0.0	2014	[3] Informal leisure as a source of social capital formation : a festival case study C. Hawkins Journal Not Provided 2014 - 0 citations - Show abstract - Cite	
27.2%	74.6	1999	[4] Buidling a Network Theory of Social Capital N. Lin Connections 1999 - 1916 citations - Show abstract - Cite	
24.9%	1.5	2006	[5] Toward a critical examination of social capital within leisure contexts: From production and maintenance to distribution Troy D. Glover Leisure/Loisir 2006 - 28 citations - Show abstract - Cite	
23.1%	3.9	2008	[6] Building social capital through outdoor education Simon Beames and Matthew Atencio Journal of Adventure Education and Outdoor Learning 2008 - 62 citations - Show abstract - Cite - PDF	
21.5%	6.4	2020	[7] Development of a Scale to Measure Social Capital in Recreation and Sport Clubs Tom Forsell, ..., and R. Polman Leisure Sciences 2020 - 30 citations - Show abstract - Cite - PDF	
20.3%	0.0	2014	[8] A progress and review of social capital research within the leisure context. Shi Shaohua and Yi Jin Tourism Tribune 2014 - 0 citations - Show abstract - Cite	
14.0%	6.8	2017	[9] Leisure Spaces, Community, and Third Places F. Yuen and Amanda J. Johnson Leisure Sciences 2017 - 50 citations - Show abstract - Cite	

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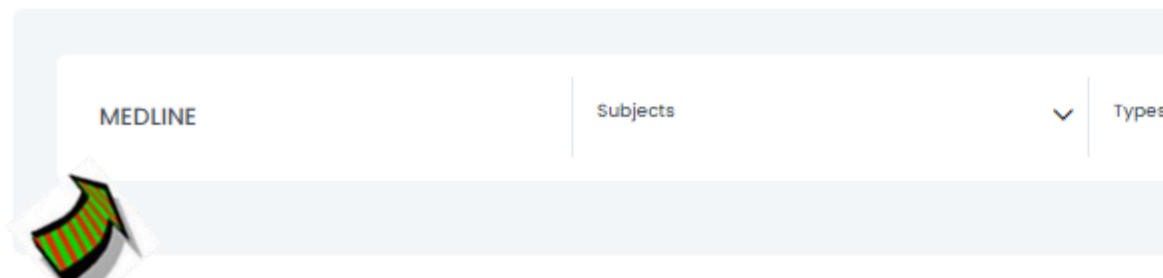
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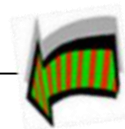
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<https://www.ncbi.nlm.nih.gov/articles/PMC8591132> :

Effects of Social Capital and Leisure Participation on Self ...

by XY Hu · 2021 · Cited by 4 — The **social capital** generated by **leisure activities** promotes autonomy, trust, mutual assistance, and communication with others, and reduces ...



Wikipedia
https://en.wikipedia.org/wiki/Social_capital :

Social capital

Social capital is the networks of relationships among people who live and work in a particular society, enabling that society to function effectively.



ResearchGate
<https://www.researchgate.net/publication/290554943...> :

Leisure, Social Capital, and Democratic Citizenship

Different forms of **leisure support** different forms of democracy. The concept of **social capital** is proposed as a primary linkage between **leisure and** democracy.



Taylor & Francis Online
[https://www.tandfonline.com/.../Volume 37, Issue 4](https://www.tandfonline.com/.../Volume%2037,%20Issue%204) :

Locating Leisure in the Social Capital Literature

by TD Glover · 2005 · Cited by 231 — The aim of this introduction is help readers appreciate not only the relevance of **social capital** to **leisure research** but also the potential ...



NC State University
<https://faculty.cnr.ncsu.edu/uploads/sites/2017/09> PDF :

The Implication of Bourdieu's Theory of Practice for Leisure ...

May 14, 2014 — In addition to **social capital**, some **leisure scholars** have used the singular concepts of habitus and cultural capital. These include examinations ...

11 pages

Exploring The Four Types Of Social Capital




Gary Hartfield Former Forbes Councils Member
Forbes Business Council COUNCIL POST | Membership (Fee-Based)



According to a [definition](#) by communityworks, inc., "Social capital is the network of relationships among people who live and work in a particular society, enabling that society to function effectively." Unique to each individual, business and situation, social capital is vital in advancing and can be an invaluable asset for entrepreneurs.

There are four types of social capital: bonding, bridging, linking and identifying. These unique classes may appear differently in key impact areas such as education, employment, income, opportunities and civic engagement.

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Social capital **refers to the structure and quality of social relationships** and constitutes a positive product of social interactions that can be a source of benefits for individuals, social groups and the society as a whole. May 31, 2024



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Social Capital Theory

Social capital is 'the aggregate of the actual or potential resources which are linked to possession of a durable network of more or less institutionalized.



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31. Social capital theory

by M van Bakel · 2024 — Origins and definition. While the idea of social capital has long historical roots, going back to concepts such as 'civicness' and 'civic engagement', ...
7 pages



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<https://www.socialcapitalresearch.com/2018/04/C...> PDF

Criticisms of social capital theory

by T Claridge · 2018 · Cited by 50 — The main criticisms of **social capital theory** are that it is not social, not capital, and not a theory. This doesn't leave the concept with much ...
8 pages



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A Social Capital Theory of Career Success

by SE Seibert · 2001 · Cited by 4014 — have begun. to provide a finer-grained analysis of the ways in- dividuals' social networks affect their careers in.



Taylor & Francis Online
<https://www.tandfonline.com/doi/pdf>

Five Dimensions of Social Capital Theory as they Pertain to

...
by C Bassani · 2007 · Cited by 245 — Social capital theory has developed over the past two decades and has become increasingly popular among youth studies scholars, as well as amo...

1.1 Understanding the concept of social capital

By way of introduction I will start with an explanation of social capital that speaks to our existing intuitive understanding of the concept. The complex theoretical part can come later once we understand how it relates to our everyday lives.

The central proposition of social capital is that 'relationships matter' and that social networks are a valuable asset. Social capital is aspects of social context (the "social" bit) that have productive benefits (the "capital" bit). It includes the store of solidarity or goodwill between people and groups of people. You could think of it like a "favour bank", although this only encapsulates part of social capital. Another simple explanation is as helpfulness behaviours resulting from feelings of gratitude, respect, and friendship. The adage: "it's not just what you know, but who you know" relates to the powerful effects that social capital can have and is an easy way to understand the concept in the context of how it impacts our everyday lives.

We intuitively understand that we can derive benefits from our social relationships with others, whether it be as simple as finding a reliable mechanic (which can save you money) or borrowing a cup of sugar from a neighbour (which can save you time), or finding a new job or client (which can make you money). These are just a few tangible examples of the benefits of social capital, there are many more. In fact, social capital is what allows humans to collaborate, coordinate, and coexist. It is essential to the human social existence.

Social capital has been described by some authors as lubricating the fabric of society and allowing modern economies to function efficiently. These may seem like lofty claims but without social capital humans could not work together. This is because social capital is the shared values, norms, trust, and belonging that make social exchange possible. Our society, economy, institutions, and political system could not exist without social capital. As such social capital has been described as a glue. Given that social capital is the productive benefits of sociality then everything is a benefit of social capital. Every benefit of living in society over living as a hermit.

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[The sociology of sport and physical education: An introductory reader](#) (2002)

[An Introduction to Leisure Studies: Principles and Practice](#) (2014)

[Encyclopedia of Leisure and Outdoor Recreation](#) (2004)

[Encyclopedia of Recreation and Leisure in America](#) (2004)

[Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life](#) (2018)

[Routledge Handbook of Leisure Studies](#) (2013)

[Cambridge Handbook of Sociology](#) (2017)

[Leisure Studies: Themes and Perspectives](#) (2010)

[Handbook of Social and Cultural Theory](#) (2020)

[Encyclopedia of Play in Today's Society](#) (2009)

[Routledge Handbook of Sport Policy](#) (2013)

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CHAPTER

3 Theories of Social Networks

Jan Fuhse

<https://doi.org/10.1093/oxfordhb/9780190251765.013.5> Pages 34–49

Published: 15 December 2020

Abstract

Theories of social networks offer abstract perspectives of what social networks are and how they are connected to other features of the social world. This chapter gives an overview of three recent perspectives: (1) Theorists of action (Burt, Coleman, Lin, Hedström) regard social networks as objective structures restricting or enabling individual action. Networks become a resource (social capital) that actors strive to maximize. (2) Authors following pragmatism or symbolic interactionism (Emirbayer, Martin, Crossley) consider social networks as patterns of subjective meaning arising out of the interaction between actors. This approach is linked to field theoretical thinking, considering networks as arising out of the mutual orientation in fields. (3) Relational sociologists (White, Tilly, Mische, Padgett, Fuhse) treat social networks as infused with meaning that is processed in communication/transaction/switchings between actors. Relational sociology has been amended to study networks of symbols and the communicative dynamics of social networks.

Keywords: relational sociology, social capital, social networks, theory, theory of action

Subject: Social Theory, Sociology

Series: Oxford Handbooks

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Networks and Theory

NETWORK researchers have long lamented a lack of theory of social networks (Granovetter, 1979; Wellm 1983, p. 179). Social networks were studied empirically, or written about metaphorically, without worry too much about their substance. Over the last 30 years, a number of researchers have attempted to fill the “theory gap.” This chapter offers an overview of the most important approaches: the theory of action, pragmatist/interactionist approaches, and relational sociology.

Fuhse, J. (2021). Theories of social networks. In R. Light & J. Moody (Eds.), *The Oxford Handbook of Social Networks* (pp. 33–49). Oxford University Press.
<https://doi.org/10.1093/oxfordhb/9780190251765.013.5>

Conclusion

The approaches termed here “theories of social networks” are necessarily selective, and their presentation remains sketchy and stylized. Due to space constraints, I had to leave out approaches like network exchange theory (Emerson, Cook) and constructural theory (Carley, Mark). Table 3.2 gives an overview of the three families of action theory, pragmatism/interactionism, and relational sociology.

Table 3.2 Theories of Social Networks

	Theory of Action/Rational Choice	Pragmatism/Interactionism	Relational Sociology
Key authors	Burt, Coleman, Lin, Hedström	Emirbayer, Crossley, Martin	White, Tilly, Mische, Padgett, Fuhse
What are social networks?	Opportunities, constraints	Interaction patterns, definition of situation	Identities and stories, relational expectations
Locus	Objective structure/individual resource	Subjective meaning/interaction	Ties, transactions/communication
Methods	Ego-centric networks, SIENA, agent-based modeling	Qualitative interviews, relational ethnography	Full networks, blockmodel analysis, Galois lattices

Action theory views social networks in a naturalist way as objective structures that afford individuals with opportunities and constraints, depending on their position and embeddedness. The social capital concept reduces these opportunities and constraints to a resource. Individual actors can have more or less of that resource. With their individualist perspective, action theory and the social capital approaches lend themselves to combination with the statistical analysis of ego-centric networks, as well as with agent-based modeling and with SIENA.

1 Social capital in sociological research: conceptual rigour and empirical application

Yaojun Li

INTRODUCTION

In the past two decades, the concept of social capital has captured the imagination of social science researchers and policy-makers more than many other logical constructs, with the number of publications in this area increasing exponentially (Halpern, 2005; Field, 2008). The concept is used not only in sociology and social sciences, but also in education, economics, business and management, epidemiology, community cohesion, immigrant integration, poverty and crime reduction, ethnicity relations, health and life satisfaction research and, indeed, in almost all social science disciplines. This is hardly surprising, as social capital is fundamentally concerned with resources embedded in social relations and as social science research in these disciplines seeks to discover the dynamics between agency and structure, that individuals and communities resort to, or are constrained by, resources in their environment as they try to solve personal and collective problems.

As Portes (1998) observes, the concept of social capital is probably the best of a sociological construct being 'exported' to other disciplines. While the interest in and the application of social capital as a tool in social science research has evidence of its vitality, there is also a risk that it is becoming over-general (Friedman, 2001). Within sociology and political sciences, scholars in this field of research tend to follow one of the two traditions, instrumental or civic, as exemplified by Lin and Putnam (2001, 2008; Putnam, 2000, 2002). Even though both Lin and Putnam acknowledge that social capital can be both private and public goods (as well as private and public bads on the dark side), there is a clear tendency for researchers to focus on either the individual or the collective domain in the application. The interrelationships between the different domains of social capital, and their determinants and consequences, call for systematic attention.

In this volume, we bring together researchers in the USA, Canada, Australia, Europe, Spain, the Netherlands and China to contribute to the ongoing debate on social capital. We focus on the sociological analysis of the concept, namely, the conceptualization, measurement of the different domains of social networks, the interrelated nature of the domains, the links with cultural and economic capital, the socioeconomic determinants and the instrumental and the civic (expressive) effects. The authors are all experts in their specialist areas and they use the best possible data available and appropriate methods to address the specific issues at hand. While all the chapters are theoretically grounded, the focus is on the empirical application of social capital.

In this chapter, we give a brief account of the conceptual and measurement issues related to the works of four leading theorists on social capital, summarize

A FRAMEWORK OF USING SOCIAL CAPITAL FOR SOCIOLOGICAL ANALYSIS

As discussed above, there is a general consensus both among the leading scholars and among other researchers in the field that social capital is fundamentally concerned with the resources embedded in social networks but one has to invest in the relations in order to be able to access and mobilize the resources. There is a difference in focus with regard to the domains of application, with sociologists (Bourdieu, Coleman and Lin) stressing the instrumental value at the micro and meso levels and political scientists such as Putnam emphasizing the civic (collective) value at the macro level, although both Lin and Putnam go to great lengths to explain that social capital can be of value to both individuals and communities at local and higher levels. Another difference pertains to the existing or potential resources within one's networks, with Bourdieu and Lin focusing on socioeconomic-symbolic factors such as money, power or influence that are *possessed* by the network members, whereas Coleman and Putnam pay special attention to the norms of the network.

The norms of the network are of conducting and onlooking networks and their functions, and the such resource volume, and are pointed out. The *differential* access to social networks and associated resources together with the different functions of networks for the different social groups therefore constitutes a research programme for conducting sociological analysis on social capital in the stratification tradition and, by extension, in the civic tradition.

Figure 1.1 shows a framework of using social capital in sociological research. Here social capital is treated both as an outcome and as a mediating variable. As an outcome variable, we would explore the socio-demographic determinants. Apart from people's own class and educational positions, it is important to analyse the role of origin class. Social capital starts with family, which is a theme common in the writings of Bourdieu, Coleman and Lin. Also important is the role of cultural identity in undergirding social capital such as that between ethno-religious affiliation and charitable giving (Regnerus et al., 1999; Putnam, 2000; Putnam and Campbell, 2010).

Social capital has a formal and an informal domain which may be closely related (as indicated in the dotted arrow in the diagram) in the sense that scholars are more likely to be schmoozers and vice versa. Within both spheres there are bonding and bridging ties, although how to differentiate and measure such ties in a meaningful and effective manner is, as noted above, a difficult task. We have a few contributions in the

Li, Y. (2015). Social capital in sociological research: Conceptual rigour and empirical application. In Y. Li (Ed.), *Handbook of Research Methods and Applications in Social Capital*. Edward Elgar Publishing.
<https://doi.org/10.4337/9780857935854.00005>

CHAPTER 1

THE TWO MEANINGS OF SOCIAL CAPITAL

HARTMUT ESSER

Few concepts have been as widely disseminated within, as well as beyond, the social sciences as the term 'social capital'. Social capital is now understood to encompass almost everything connected to social embeddedness: ranging from neighbourly help to the civil morality of a globalized world society. Despite undeniable progress in the theoretical specification, methodological implementation, and empirical application of this concept, the all-encompassing understanding of social capital remains basically unchanged (cf. for instance, the overviews by Haug 1997; Portes 1998; Sandefur and Laumann 1998; Flap 1999; Putnam 2000: 19 n.; van Deth 2003; Messner, Baumer, and Rosenfeld 2004; Lin, Cook, and Burt 2001; Lin 2001*b*). The following contribution proceeds from the assumption that inaccuracies in the use of the concept are generally the result of the presence of *two* theoretically distinct aspects of social embeddedness and of the control of resources over social relationships. First of all, though, the concept of social capital as a whole must be specified.

Castiglione, D., Deth, J. W. van, & Wolleb, G. (2008). The handbook of social capital. Oxford University Press.

3 Social capital: a mechanism-based conceptualisation

This chapter focuses on the *concept* of social capital. First, it examines the ongoing debates about how social capital should be defined, conceptualised and empirically examined. Then, I argue for what I consider to be the most coherent definition of social capital, namely *resources accessible through membership in networks or other social structures*. Then, in the main part of the chapter, I provide a detailed conceptualisation of social capital, examining, in turn, its key components: resources, social ties and access. Then, I look at the outcomes of social capital, both positive and negative. Finally, I emphasise the importance of context, especially organisational context, for a coherent understanding of social capital.

Ongoing debates in social capital research

In social capital research, there is a widely accepted distinction between 'network' and 'attitudinal' approaches. The 'network' approach, influenced largely by Bourdieu (1986), James Coleman (1988, 1990) and Nan Lin (2001), focuses on access to resources within networks and/or elements of social structure that facilitate various actions. The 'attitudinal' approach, associated mainly with Putnam (1993, 1995, 2000), focuses more on values and attitudes, such as trust and reciprocity, and how these can constitute a kind of collective resource. This distinction also runs along disciplinary lines, in that sociologists and social scientists tend to follow the network approach, while political scientists and economists tend to follow the attitudinal. Of course, not all research falls neatly into one approach. Nor, as we shall see, are the approaches necessarily mutually exclusive. However, the distinction was one drawn in early theoretical review of social capital research (e.g., Portes, 1998; Foley and Edwards, 1999) and it remains useful in illustrating key differences among the various versions.

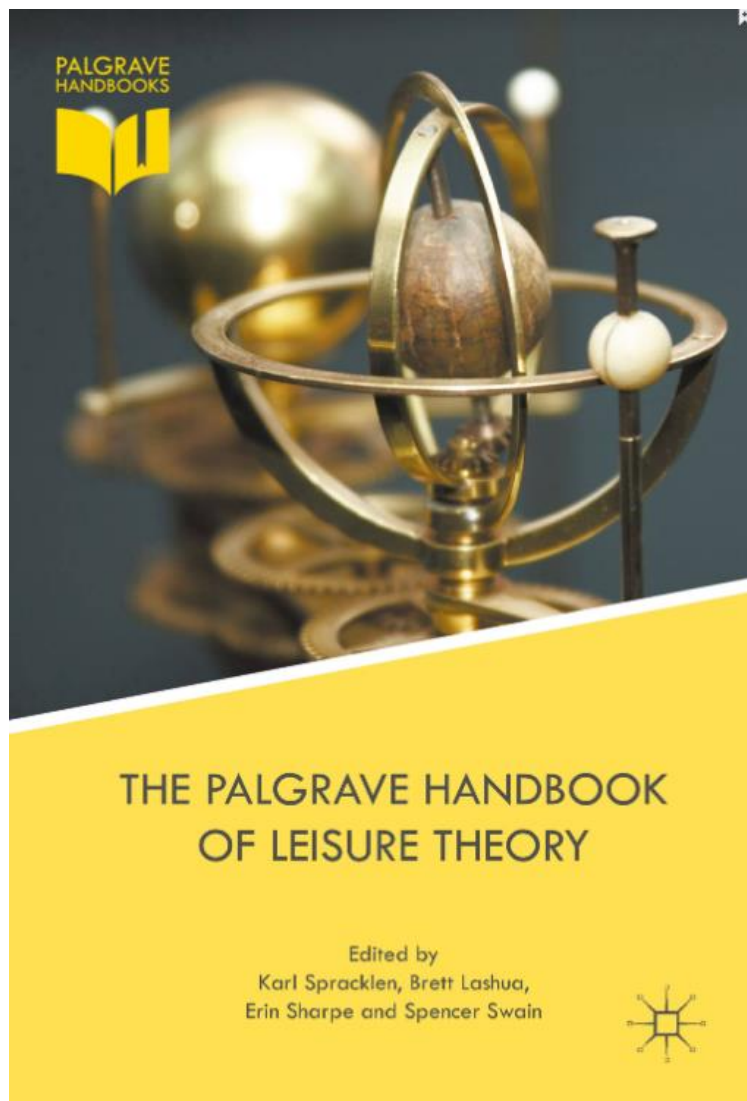
Bourdieu (1986) wrote about social capital as part of his broader analysis of how society worked, which he explained through the concepts of 'field' and 'habitus'. A field, in Bourdieu's terms, is a kind of arena, a set of relations, with their own norms and power dynamics, that people move in and between (e.g., the field of education, or art, or sport). Within different fields, people have, compete for, spend and lose capital of different forms, economic, cultural and social. Habitus, Bourdieu's third key concept, is the

Tacon, R. (2021). *Social capital and sport organisations*. Routledge.
<https://doi.org/10.4324/9780429284946>

The outcomes of social capital

In a sense, social capital is all about outcomes. The very fact that social ties can bring benefits is the nub of the concept: 'It's not what you know, it's who you know' and all that. But, as we have seen, there is a compelling argument for not defining social capital by its outcomes. And, just as important, it is essential to recognise that social capital can have *negative*, as well as positive, outcomes. Arguably, the first point informs the second. By considering social capital separate from its outcomes, it becomes easier to see how it can lead to both positive and negative consequences. As Portes (1998: 15) says, and it bears repeating, 'the same mechanisms appropriable by individuals and groups as social capital can have other, less desirable consequences'. Any coherent conceptualisation of social capital must recognise this basic point.

There are several important implications of this. First, social capital is inherently *mechanism-based*. It is about people forming and maintaining ties of one kind or another and accessing resources through others' willingness to make resources available. This means we need to think about social capital as a set of dynamic processes and ensure research on it can take account of this. Second, all of these mechanisms take place in, and are shaped by, *context*. Resources themselves are unequally distributed within and between societies and their very value is constructed within these same societies. Again, we need to take this into account when we think about, and do research on, social capital. Third, social capital has *both positive and negative effects*. Through accessing resources, people can gain benefits – this is the essence of the concept. But the same mechanisms that enable this access can block access for others and/or can have negative effects on those within the networks. So, while it is understandable that research focuses on the way social capital can bring benefits, this always needs to be balanced by the recognition that it has negative consequences too.



Spracklen, K. (Ed.). (2017). *The Palgrave handbook of leisure theory*. Palgrave Macmillan.

Part I

Traditional Theories of Leisure

Erin Sharpe

Introduction

Eleven chapters comprise the first section of the handbook, titled "Traditional Theories of Leisure." Oftentimes, the first section of a book is framed as an origins section, and the content looks back to earlier times or ways of thinking as a way to ground the later, more current sections. Given the more historical orientation of the chapters in this section, as well as the many references to texts that are centuries if not millennia old, it is tempting to think of this section in that way as well. However, this is not the purpose of this section. Although titled as "traditional," this section is decidedly forward-looking, and its aims are to move us toward a study of leisure that is more expansive, global, and robust. As we discussed in the opening, much of the study of leisure has been grounded in Western perspectives and historical framings that conceptualize leisure as an invention of modernity. It is time to broaden our frames and enrich

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Part II

Rational Theories of Leisure

Karl Spracklen

Introduction

By calling this section of the handbook the part concerning rational theories of leisure, we are not suggesting that everything in the other three sections is somehow irrational. We are using the term 'rational' in this section to imply an attempt to make sense of leisure using the tools of philosophy and, later, the tools of science. This section is what might be called a history of the philosophy of leisure and also a history of what might be described as the Western ontology and epistemology of leisure. In the first section of the handbook, we were interested in how leisure was understood implicitly and explicitly in different traditions, belief systems and cultures. In the next two sections, we will begin to concern ourselves with theories of leisure constructed from, in and out of the historical circumstances of modernity and its post-modern continuations. These two sections will concern themselves with what might be thought

K. Spracklen (✉)
Carnegie Faculty, Leeds Beckett University
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What's the Big Idea? A Critical Exploration of the Concept of Social Capital and its Incorporation into Leisure Policy Discourse

TONY BLACKSHAW* and JONATHAN LONG**

*Sport Division, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, UK;

**School of Leisure and Sports Studies, Leeds Metropolitan University, Leeds, UK

(Received June 2004; revised October 2004; accepted November 2004)

ABSTRACT Starting from the overwhelming welcome that Putnam's (2000) treatise on social capital has received in government circles, we consider its relative merits for examining and understanding the role for leisure in policy strategies. To perform this critique we identify some of the key points from Putnam's work and also illustrate how it has been incorporated into a body of leisure studies literature. This is then extended to a discussion of the methodological and theoretical underpinnings of his approach and its link to civic communitarianism. We suggest that the seduction of the 'niceness' of Putnam's formulation of social capital not only misses the point of the grimness of some people's lives but it also pays little attention to Bourdieu's point that poorer community groups tend to be at the mercy of forces over which they have little control. We argue that if the poor have become a silent emblem of the ways in which the state has more and more individualised its relationship with its citizens, it is they who also tend to be blamed for their own poverty because it is presumed that they lack social capital. This in turn encourages 'us' to determine what is appropriate for 'them'. As a critical response to this situation, we propose that Bourdieu's take on different forms of 'capital' offers more productive lines for analysis. From there we go on to suggest that it might be profitable to combine Bourdieu's sociology with Sennett's recent interpretation of 'respect' to formulate a central interpretive role for community leisure practitioners – recast as cultural intermediaries – if poorer community groups are to be better included.

Introduction

We are fascinated by the way in which the concept of *social capital* has been accepted into the policymaking discourse and the name of Robert Putnam trips off the tongues of key decision-makers. Hall (2003), writing in *The Guardian*, observed that Putnam's book *Bowling Alone* is 'required reading in Downing Street'. The acceptance of the social capital thesis in the UK was reflected, for

Blackshaw, T., & Long, J. (2005). What's the big idea? A critical exploration of the concept of social capital and its incorporation into leisure policy discourse. *Leisure Studies*, 24(3), 239–258. <https://doi.org/10.1080/0261436052000327285>

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Informal Leisure as a Source of Social Capital Formation: *A Festival Case Study*

by

Clayton Jon Hawkins

MBA (Southern Cross), GCertAEMgt (Deakin), AdDipMgt (NBIA)

Submitted in fulfilment of the
requirements for the Degree of
Doctor of Philosophy

Institute for Regional Development
University of Tasmania
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2.2 The Social Context: The Roles of Leisure and Place

2.2.1 Leisure: The Dynamic Concept

People intuitively
Hickerson, 2013).
1995) and the perce

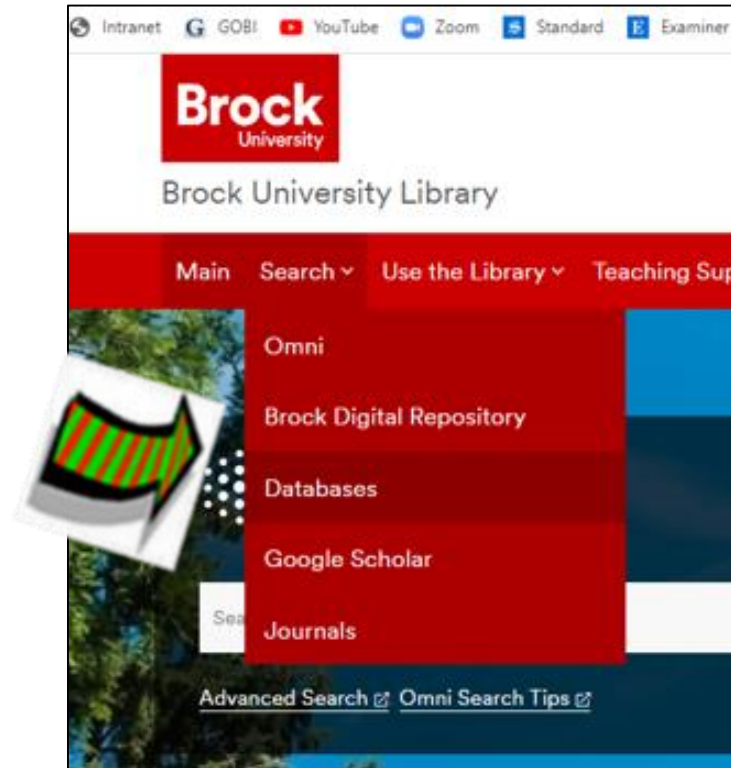
Hawkins, C. J. (2014). *Informal leisure as a source of social capital formation : a festival case study*. University Of Tasmania. Thesis.
<https://doi.org/10.25959/23240768.v1>

It is evident in the leisure literatures that there exists a multiplicity of definitions of leisure. While stimulating leisure debate, multiple definitions may as well mean the same as having no definition (Purrington and Hickerson, 2013). Veal (1992) locates dozens of definitions of leisure in his article entitled '*Definitions of Leisure and Recreation*' but struggles to find consistent ones.

Edginton et al. (1995) bypass an attempt to define what leisure is to provide an intergenerational perspective: our great-grandparents viewed leisure as frivolous, our grandparents viewed leisure as refreshment, our parents viewed leisure as work to play and the young adults of the mid-1990s viewed leisure as work hard, play hard. Given that Putnam's (2000) rather negative view on the role of technology in creating an increasingly sedentary and less-social lifestyle, it would be interesting to know what the authors (Edginton et al., 1995) would consider as to the perspective on leisure of today's young adults. Are they work hard, play hard people like the young adults of 1995 or has the world moved on again? Drawing attention to these perspectives demonstrates the changing nature of leisure and its role in people's lives. The authors of this text note extensively the benefits of leisure on society but make it quite clear that leisure means different things to different people.

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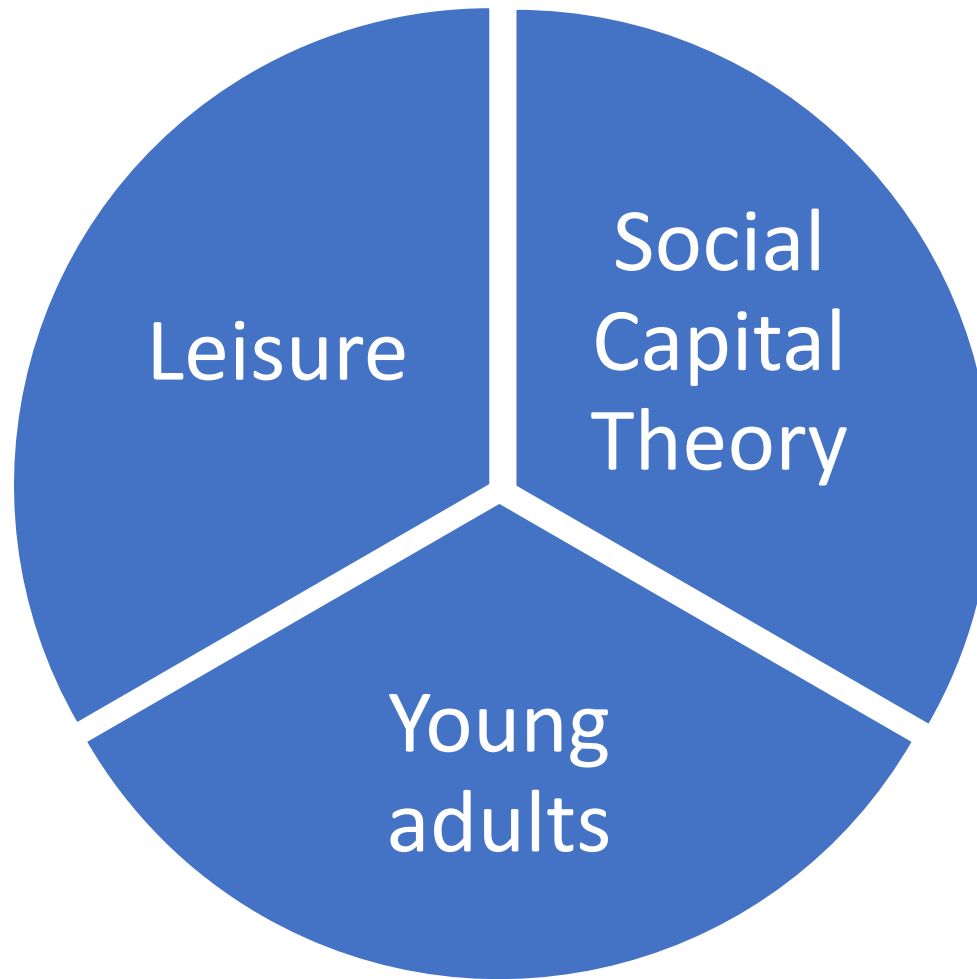
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Leisure, recreation, play...
Social networking
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The state of being free from illness or injury

The well-being of a person or thing as a result of a well-intentioned act

Contentment or ease

Positive outcome from the achievement of one's goals

... more ▼

Noun ▲

The state of being free from illness or injury

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- fitness
- healthiness
- robustness
- soundness
- wellbeing
- wellness
- strength
- haleness
- vigour^{UK}
- well-being
- wholesomeness
- salubrity
- energy
- healthfulness
- salubriousness
- stamina
- wholeness
- bloom
- complexion
- hardihood
- hardiness
- heartiness
- lustiness
- physical
- state
- tone
- verdure
- vigor^{US}
- physical fitness
- sap
- tonicity
- good condition
- good physical condition
- good shape
- good trim
- physical condition
- clean bill
- fine feather
- fine fettle
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Alias, SB; Nadal, RM; (...); Coll-Planas, L

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Volume: 4 Special Issue: SI

DOI: 10.3402/gha.v4i0.5611

Article Number 5611

Published 2011

Indexed 2011-01-01

Document Type Review

Abstract

This article is a review of the PhD Thesis of Malin Eriksson, entitled 'Social capital, health and community action - implications for health promotion.' The article presents a theoretical overview of social capital and its relation to health, reviews empirical findings of the links between social capital and (self-rated) health, and discusses the usefulness of social capital in health promotion interventions at individual and community levels. Social capital, conceptualized as an individual characteristic, can contribute to the field of health promotion by adding new knowledge on how social network interventions may best be designed to meet the needs of the target group. The distinction of different forms of social capital, i.e. bonding, bridging, and linking, can be useful in mapping the kinds of networks that are available and health-enhancing (or damaging) and for whom. Further, social capital can advance social network interventions by acknowledging the risk for unequal distribution of investments and returns from social network involvement. Social capital, conceptualized as characterizing whole communities, provides a useful framework for what constitutes health-supporting environments and guidance on how to achieve them. Mapping and mobilization of social capital in local communities may be one way of achieving community action for health promotion. Social capital is context-bound by necessity. Thus, from a global perspective, it cannot be used as a 'cookbook' on how to achieve supportive environments and community action smoothly. However, social capital can provide new ideas on the processes that influence human interactions, cooperation, and community action for health promotion in various contexts.

Keywords

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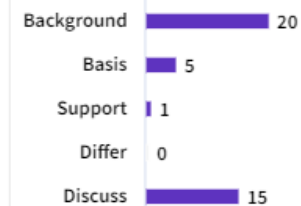
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
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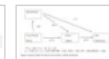
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Y Kim, T Schneider, E Faß, M Lochbaum

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Background

Personal social capital, which refers to the scope and quality of an individual's social networks within a community, has received increasing attention as a potential sociological factor associated with better individual health; yet, the mechanism relating social capital to health is still not fully understood. This study examined the associations between social capital and self-rated health while exploring the roles of leisure-time physical activity

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Personal social capital and self-rated health among middle-aged and older adults: a cross-sectional study exploring the roles of leisure-time physical activity and socioeconomic status

Youngdeok Kim^{1*}, Tim Schneider^{1,2}, Eric Faß² and Marc Lochbaum^{3,4}

Abstract

Background: Personal social capital, which refers to the scope and quality of an individual's social networks within a community, has received increasing attention as a potential sociological factor associated with better individual health; yet, the mechanism relating social capital to health is still not fully understood. This study examined the associations between social capital and self-rated health while exploring the roles of leisure-time physical activity (LTPA) and socioeconomic status (SES) among middle-aged and older adults.

Methods: Cross-sectional data were collected from 662 middle-aged and older adults (Mean age: 58.11 ± 10.59 years old) using the Qualtrics survey panel. Personal Social Capital Scale was used to measure bonding and bridging social capital and the International Physical Activity Questionnaire was used to assess LTPA levels. SES was assessed by education and household income levels. Self-rated health was assessed using a single item, by which the participants were categorized into the two groups, having 'good' vs. 'not good' self-rated health. A series of univariate and multivariate logistic regression models were established to examine the independent and adjusted associations of social capital with self-rated health and to test mediating and moderating roles of LTPA and SES, respectively.

Results: Bonding and bridging social capital were positively associated with self-rated health (Odds ratios = 1.11 and 1.09, P s < .05, respectively), independent of LTPA that was also significantly associated with greater self-rated health (P -for-linear trends = .007). After adjusting SES, the associations of social capital were significantly attenuated and there was a significant interaction effect by household income (P -for-interaction = .012). Follow-up analyses stratified by household income showed that beneficial associations of social capital with self-rated health were more apparent among the people with low and high levels of household income; yet, LTPA was the stronger predictor of self-rated health among those in the middle class of household income.

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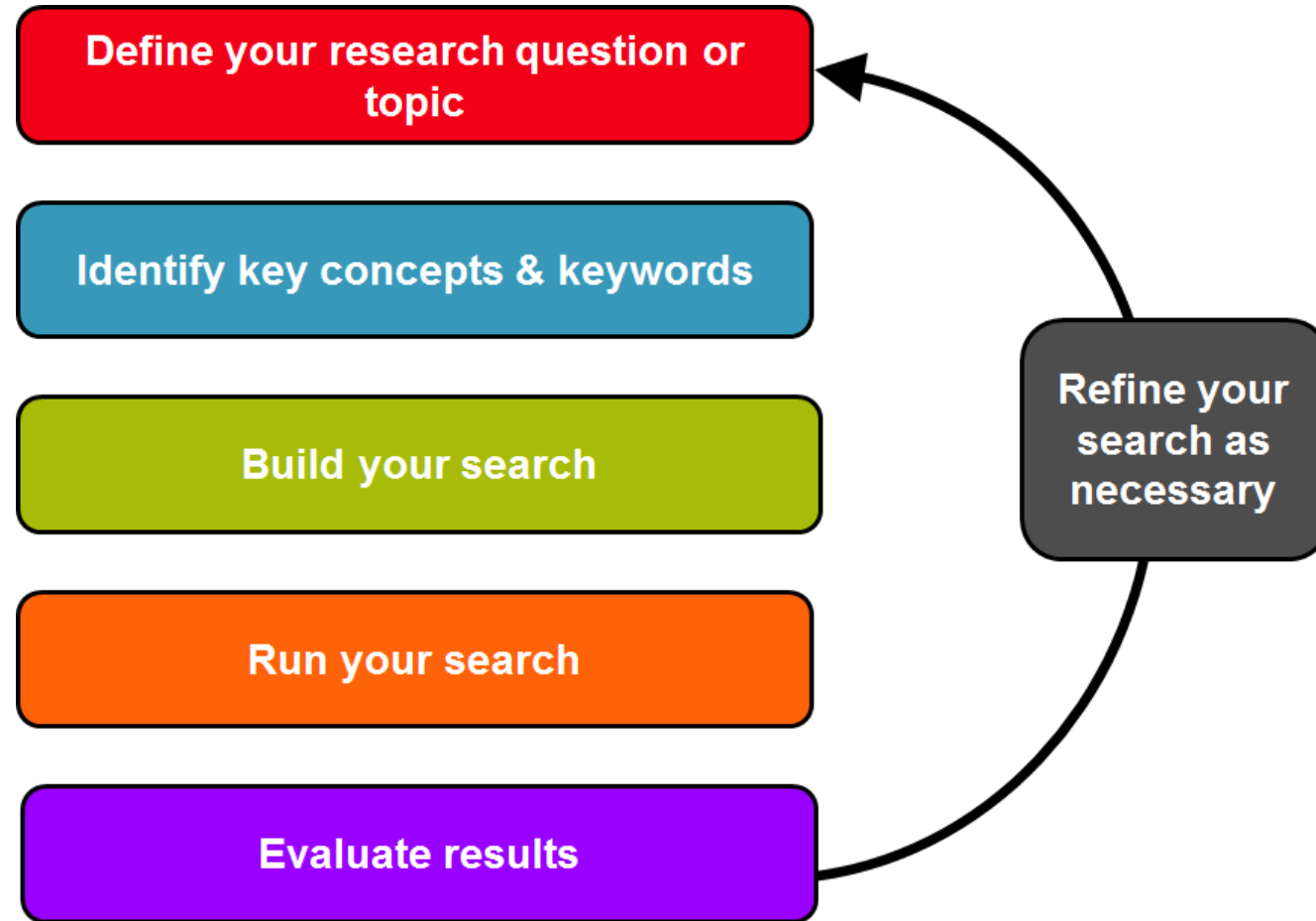
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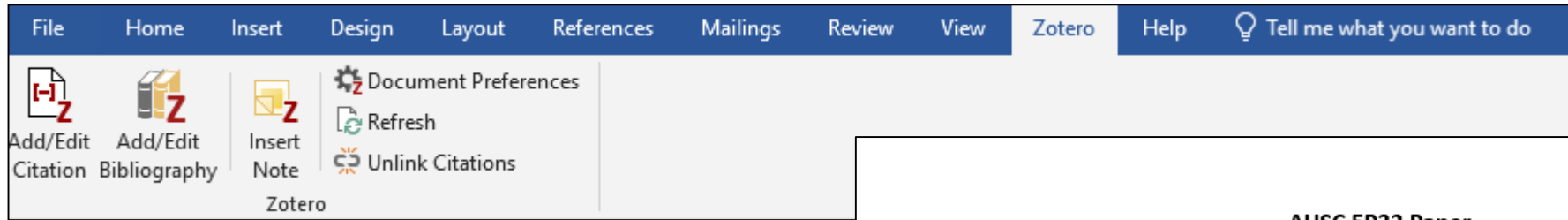
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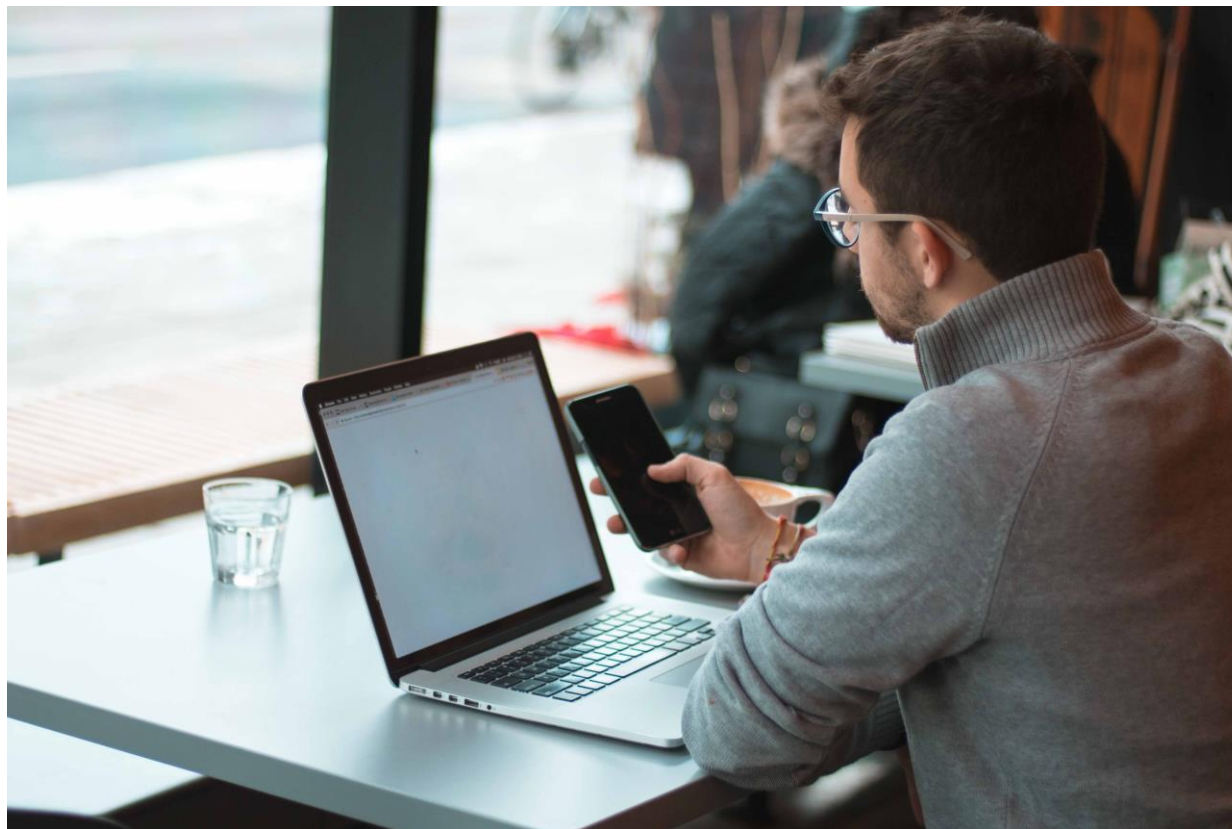
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